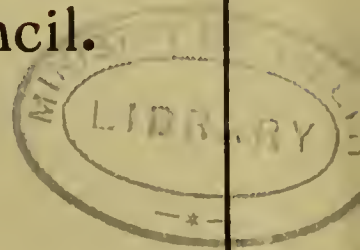


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ANNUAL REPORT

OF THE

Medical Officer of Health

FOR 1925.

.....

CLACTON-ON-SEA :

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Clacton Urban District Council.

TO THE CHAIRMAN AND MEMBERS OF THE CLACTON URBAN DISTRICT COUNCIL.

LADIES AND GENTLEMEN,

I have the honour of presenting my sixth Annual Report on the health and sanitary condition of Clacton during the year 1925. As, however, the report for this year is to be a Survey Report, it will contain rather more detail than has appeared in those of the last four years.

The estimated mid-year population for 1925 supplied by the Registrar-General is 12,480, and this figure, as usual, is employed in the calculation of rates of mortality, etc. This question will be found discussed under the heading of vital statistics.

As in previous years, I am pleased to have to report that the health of the District has maintained the usual standard of excellence and that there has been no undue prevalence of any particular disease. The death-rate of 9.05 per 1,000 is lower than it has been for the past four years, while the birth-rate is 12.2 per 1,000.

Notifications of the chief infectious diseases were again low, and particularly diphtheria, of which disease there was only one notification during 1925.

Reviewing the past five years, one can state that there has been a continuous improvement in the health of the town and a considerable advance in sanitary administration. As might be expected after the war and with a rapidly increasing population, the essential services had somewhat lagged behind the growth of the town, but within the last two years all these have been under review, with the result that the question of house refuse disposal has been settled, the inspecting staff has been increased; and extension of the water supply and sewage disposal is now under consideration. The housing problem is also being dealt with as rapidly as possible. In addition to the twenty houses built in 1923, a further 40 will be completed by the end of 1926, while a third scheme to provide some 60 more is now under consideration.

The work done in the Maternity and Child Welfare Department also seems to increase in popularity. The records show that the number of home visits paid by the Health Visitor and attendances at the Centre had doubled during the last twelve months. The recent establishment of a small Maternity Ward should also be a great boon in those cases where home accommodation is insufficient or lacking.

The above brief outline (further details under each heading will be found in the body of the Report) will serve to show the lines along which progress is being made and indicate what still remains to be done.

PORT SANITATION.—Clacton has no harbour or shipping so that no action under the Sanitary Officers' (Ports) Order 1910 was required.

METEOROLOGY.

Under this heading I submit the Report of the Meteorological Observer and an abstract of the weather for the year 1925:—

The Council's Meteorological Observatory is situated on the Martello Tower Ground, Marine Parade West, and is recognised and used by the Air Ministry as a Telegraphic Reporting Station for forecast purposes and as a Climatological Station of the Second Order for Statistical purposes and also as a Station for computing District Values.

It is inspected annually by an Official of the Meteorological Office of the Air Ministry when all the instruments are tested for accuracy with the standard instruments of that Office. Observations are taken four times daily, viz., at 7 a.m., 1 p.m., 6 p.m. and 9 p.m.

Two reports daily are transmitted by either telephone or telegraph to the Air Ministry besides weekly and monthly returns. These include, besides the readings of the various instruments, observations by estimation of the clouds as to type, height and amount, visibility on land sea, state of the sea, state of the ground, percentage of relative humidity of the atmosphere and tension of the vapour pressure of the atmosphere and direction and force of the wind.

The instruments in use at this Station comprise:—

- 1 Kew Pattern Station Barometer.
- 1 Barograph.
- 1 each Maximum, Minimum Dry Bulb, Wet Bulb, Solar Maximum and Grass Minimum Thermometers.
- 2 Earth Thermometers at 1 foot and 4 feet respectively.
- 1 Campbell Stokes pattern Sunshine Recorder.
- 1 Snowden pattern 8-inch Rain Gauge.

During the past year the average Mean Temperature was 49.2F, being only 0.3F in excess of the normal value (48.9F).

Rainfall was below the normal value of 19.9 inches by .82 inch, the total fall for the year being 18.37 inches. Rain fell on 167 days and the greatest fall in one day occurred on May 23rd when .75 inches fell.

The driest periods of the whole year was from the 1st to the 18th June both days inclusive, then again from 12th to 22nd November (11 days) and from December 2nd to 12th (11 days).

Sunshine registered during the year amounted to 1,659.5 hours, giving a daily mean of 4.55 hours as against the average normal mean of 4.77 hours.

The sunniest month of the year was June, with a total of 271.9 hours, and the day on which most sunshine was recorded being June 4th with 15 hours.

The mean percentage for that month in the shade was 58.7F, and in the sun was 126F.

The average percentage of relative humidity for the year was again just up to the normal of 84 per cent.

(Signed) A. W. SHADICK.

ABSTRACT OF METEOROLOGICAL OBSERVATIONS FOR THE YEAR 1925.

Highest corrected Barometrical reading, 30.720 inches on January 20th at 7 a.m.	
Lowest corrected Barometrical reading, 28.546 inches on December 20th, at 6 p.m.	
Mean corrected Barometrical reading for month, 29.911 inches.	
Mean maximum temperature, in screen,	54.4
Mean Minimum temperature	44.6
Mean temperature	49.2
Mean range	10.6
Highest temperature recorded	21 on July 25.
Lowest temperature recorded	19 on December 16.
Dry bulb mean, 1 p.m.	53.2
Wet bulb mean, 1 p.m.	49.6
Mean Percentage of Relative Humidity	84
Mean earth temperature at 1 ft.	50.3
Mean earth temperature at 4 ft.	51.6
Mean Solar maximum in the open	100.9
Highest recorded	140 on June 16.
Mean grass maximum	41.8 on July 25.
Lowest recorded	18 on December 16.

RAINFALL.

Total Rainfall	18.37 inches
Number of days on which rain fell	167
Greatest fall in 24 hours	.75 in. on May 23.

SUNSHINE.

Total bright sunshine	1659.5 hrs.
Number of days on which sun shone	309
Greatest amount in one day	15.0 hrs. on June 4

A. W. SHADICK.

NATURAL AND SOCIAL CONDITIONS.

Area (in acres)	4091
Population, Census 1921	17049
Estimated 1925 (Registrar-General)	12480
Number of inhabited houses (1921)	2357
Number of families or separate occupiers (1921)	3215
Rateable Value	£82837
Sum represented by a penny rate	£313

PHYSICAL FEATURES.—Clacton is situated on the north-east corner of the County of Essex and has a total area of 4,091 acres. Though on the East Coast its aspect is mainly southern. It stands on the London clay, which in several places crops up to the surface, interspersed with beds of gravel. Reference to the Meteorological Section of this Report will show that the climate is among the best experienced in England. The large amount of bright sunshine, low rainfall and bracing air from the North Sea, along with the absence of great extremes of temperature, combine to make it excellent as a health resort for both well and ill. It therefore enjoys great popularity

as a summer resort and judging by the large influx of recent years an almost equal popularity as a place of residence.

The District is divided into three Wards corresponding nearly to the boundaries of the three ecclesiastical parishes of St. John's (North Ward), St. Paul's (East Ward) and St. James' (West Ward), the first mentioned being largely the site of the working class type of house although a portion of this overflows into the West Ward. The East and West Wards contain mainly private residences and boarding establishments together with the chief shopping centres.

SOCIAL CONDITIONS.—The main source of revenue of the town comes from letting of rooms to visitors, the remainder of the inhabitants being engaged mostly in shopkeeping and the building trades. There are no other industries in the town and no occupations which might be considered directly injurious to the public health. There is a small Cottage Hospital which is largely taken advantage and does good work. It is now in the process of being enlarged, but I am not aware that provision is being made for the treatment of infants and young children in the present scheme of enlargement. The Hospital at Colchester, and also the London Hospitals are made use of, the latter particularly when specialist treatment is required. There is also the Guardians' Institution at Tendring, which is ten miles from Clacton. There has been no unusual amount of sickness or invalidity in the area during the period under review. Some statistics with reference to the housing of the inhabitants will be found in the Housing Section of this Report and will give an idea of the requirements of the District.

VITAL STATISTICS.

POPULATION.—The exact population of Clacton will remain uncertain until the next Census, even if it is possible to obtain an exact figure then. The 1921 Census was taken on the 19th of June, when a certain amount of holiday movement had begun, and this is said to have been reflected in the population figures by the inclusion in the case of holiday and seaside resorts of varying proportions of visitors. In such areas the Census population will be in excess of the resident population. In the case of Clacton the excess of the Census over the estimated resident population was found to be 31.1 per cent., while for the County of Essex as a whole, including the inflated areas, it was only .9 per cent. It is the custom therefore for the Registrar-General to supply each year the estimated resident population, a figure which is considerably below the Census figure of 17,049, and it is on this figure that birth and death rates are calculated. It has been argued that this is unfair, that the figure supplied does not faithfully represent the actual population and that as a result Clacton is placed at a disadvantage as regards, say, death-rate. In support of this argument it is stated that the large amount of building which has been going on shows that there has been a real and rapid increase in resident population. In reply to this the Registrar-General maintains that the newly-created houses have simply been occupied by the overflow from the older over-crowded houses and that there is no proof of an increased recent influx of residents. It need hardly be said that this is strongly disputed. Most people, I think, who are acquainted with local conditions would maintain that large numbers of the new houses are occupied by families who have moved into Clacton from other districts since 1921. At the

same time the Census figure of 17,049 is undoubtedly too high. This is shown by the fact that the highest percentage increases occurred in just those towns which are in a similar position to Clacton, viz., Frinton, 100.8 per cent.; Clacton, 74.4 per cent. and Walton, 68.7 per cent.; followed by Southend, 50 per cent.; Ilford, 9 per cent.; East Ham, 7.3 per cent.; West Ham, 4.1 per cent.; the last-named being rather less than half the average of Essex as a whole and less than the general average of England and Wales. The Census population in 1901 was 7,456 which increased by 2,321 to 9,777 in 1911 and again by 7,274 to 17,049 in 1921. The increase of 7,274 during the latter decennium is accounted for by 6,816 gain by immigration and as to 548 excess of births over deaths. The average number of persons per acre for the whole County is 1.5, but of course shows wide fluctuations in urban and rural districts. The figure for Clacton is 4.2 persons per acre, being highest in the East Ward which, with a population of 3,206 and area of 1,053 acres, gives 6 persons to the acre, and lowest in the North Ward where the population is 3,551 and acreage 1,588 and the density 3.4. In the West Ward the density is 3.6. As regards sex distribution the 1921 Census showed that there were 6,914 males and 10,137 females, or in percentages males 40.6 and females 59.4. The previous enumeration gave very similar figures, viz., males 42.4 per cent. and females 57.6 per cent. The large excess of females is no doubt the result of the town's chief industry.

BIRTH RATE.—According to the Registrar-General the births belonging to Clacton for the year 1925 were as follows:—

		Male	Female
Legitimate	75	66
Illegitimate	6	6
		—	—
	Totals	81	72
		—	—

Calculated on the estimated population for the year of 12,480, this total gives a birth-rate of 12.2 per 1,000 of the population. The rate for England and Wales for the same period was 18.3 per 1,000. Clacton shared with Frinton and Wanstead the distinction of having the lowest birth-rate in the County of Essex in 1924, and its rate of natural increase was 1.2 per 1,000.

DEATH RATE.—The total deaths registered in the District during 1925 numbered 117, of whom 21 were non-resident; at the same time 17 residents died outside the District, so that the net deaths for Clacton numbered 113, giving a death-rate of 9.05 per 1,000 of the population—the lowest during the past four years. The death-rate for England and Wales during 1925 was 12.2 per 1,000. On making a further allowance for age and sex distribution it is still more favourable to Clacton, the standard death-rate working out at only 8 per 1,000. Five deaths were registered among children under one year of age, giving an infant mortality calculated per 1,000 births of 32.6 compared with 75 per 1,000 for England and Wales,

The ages at death from all causes are given in the following table:

Under 1 year	5
1 and under 2 years	1
2 and under 5 years	3
5 and under 15 years	1
15 and under 25 years	4
25 and under 45 years	13
45 and under 65 years	28
65 and upwards	59

TABLE OF THE CAUSES OF DEATH.

	Male	Female
Whooping Cough	—	1
Influenza	1	1
Respiratory Tuberculosis	6	5
Cancer, Malignant Disease	5	7
Diabetes	—	7
Cerebral Hæmorrhage	4	4
Heart Disease	7	17
Arterio-Sclerosis	1	7
Bronchitis	2	7
Pneumonia	1	—
Other Respiratory Diseases	—	1
Ulcer of Stomach	1	—
Appendicitis	1	—
Cirrhosis of Liver	1	1
Nephritis	1	—
Congenital Deformity, Premature Birth	2	1
Suicide	1	—
Other Violent Deaths	3	—
Other Defined Diseases	14	9
	<hr/> 51	<hr/> 62
	<hr/>	<hr/>

Vital Statistics of Whole District during 1925 and previous years in
THE URBAN DISTRICT OF CLACTON.

Year	Popula- tion es- timated to Middle of each Year	Births			Total Deaths registered in the District		Transferable Deaths		Nett Deaths belonging to the District			
		Uncor- rected Number	Nett		Number	Rate	Non-res- idents regis- tered in the District	Res- idents not reg- istered in the District	Under 1 year of age		At all ages	
			Number	Rate					Number	Rate per 1,000 Nett Births	Number	Rate
1	2	3	4	5	6	7	8	9	10	11	12	13
1919	9917	135	134	12.9	173	17.4	29	4	10	74.6	148	14.9
1920	10312	188	212	20.5	103	9.9	18	23	8	37.7	108	10.7
1921	11750	166	172	14.6	92	7.8	13	20	3	17	99	8.4
1922	11800	143	152	12.8	138	11.6	16	24	6	39.4	146	12.3
1923	11860	162	164	13.8	112	9.4	16	26	5	30.4	124	10.4
1924	12210	140	142	11.6	123	10	18	24	4	29.1	130	10.6
1925	12480	152	153	12.2	117	9.4	21	17	5	32.6	113	9.05

GENERAL PROVISION OF HEALTH SERVICES.

I.—HOSPITALS.

(a) Tuberculosis.—The scheme for the treatment of Tuberculosis is administered by the County Council who have no hospital for this purpose in Clacton. Institutional treatment is provided by them at Harold Wood, Black Notley, Colchester, High Beach and Sible Hedingham.

(b) Maternity.—No provision was made for maternity until 1924, when the Council provided a room with one bed at the Welfare Centre in Skelmersdale Road, the administration of the Ward being in the hands of the Clacton District Nursing Association. Though only recently started it shows signs of becoming very popular in the future and supplies a distinct want in those cases where housing conditions are unsatisfactor. For complicated cases only we also have an arrangement with the Essex County Hospital, Colchester, at 2½ guineas per week plus the surgeon's fee. No case has been sent so far.

(c) Children.—The Cottage Hospital admits children over two years of age suffering from surgical diseases; but there is no provision for infants, and medical cases are not taken in. I have previously suggested that the Hospital Committee consider this latter aspect of the question, but so far nothing has been done. In our Child Welfare Department we are constantly meeting with cases in which Institutional treatment offers the quickest and surest means of recovery, but none is available in the district.

(d) Fevers.—The isolation of Fever cases is provided for by the Clacton Council at their Fever Hospital, Rush Green, which has 17 beds. During the past three or four years the accommodation has been more than ample; the hospital is frequently empty.

(e) Small-pox.—For the past three years we have had an arrangement with the Borough of Colchester to admit cases of this disease into their Fever Hospital at a cost of £5 5s. per case per week.

(f) Ophthalmia Neonatorum.—We have an arrangement with the East Suffolk and Ipswich Hospital to receive cases requiring hospital treatment. Terms, £3 3s. per week. Cases which can be treated at home are attended by the District Nurse.

(g) There are no Institutions for unmarried mothers, illegitimate infants or homeless children in the District. The Tendring Union Infirmary is 10 miles distant.

(h) Other Institutions in Clacton:—

Middlesex Hospital Convalescent Home,
Reckitt's Convalescent Home,
Essex Convalescent Home,
Ogilvie School of Recovery,
Groom's Home for Children,
St. Michael's Home for Children,
Passmore Edward's Holiday Home,
Crossley House for Mental Deficients (Branch of the Royal Eastern Counties' Institution).

II.—AMBULANCE FACILITIES.

(a) Infectious Diseases.—Clacton Council's Fever Ambulance (horse).

(b) Accidents, etc.—St. John's Motor Ambulance; Police Hand Ambulance.

III.—CLINICS AND CENTRES.

There are two Centres in Clacton provided by the Local Authority.

(a) The main Centre is situated in Skelmersdale Road, in premises purchased by the Clacton U.D.C. This is a two-storey building providing on the ground floor a Medical Officer's room, a weighing room, waiting-room, kitchen, scullery and store. The first floor is let to the Clacton District Nursing Association and comprises a Maternity Ward, Nurses' sitting room, bedrooms for two nurses and one maid, kitchen and offices. The rent received is £50 per annum. In these premises are carried on Maternity and Child Welfare Works, Ante-natal Clinics, School Clinics, Eye, Dental and Orthopaedic Clinics, Tuberculosis Dispensary. The Maternity and Child Welfare work is conducted by the Clacton Council; all the other branches are provided by the County Council which contributes £78 per annum for the use of the premises at certain hours. The present time table is as follows:—School Clinic (minor ailments), daily, 9—10 a.m.; Dental Clinic, Mondays, 2—5 p.m.; Refraction Clinic, Saturday, 10 a.m.—12 noon; Tuberculosis Dispensary, Friday, 11 a.m.—12 noon; Consultations and Weighings, Thursday, 10 a.m.—1 p.m., alternate Thursdays 2.30 p.m.—5.30 p.m. Ante-natal Clinic and Class, Tuesday, 2.30—4.30 p.m.; Mothercraft Classes, alternate Thursdays, 2.30 p.m.; Needlework, Knitting, etc., Classes, Wednesday, 2.30 p.m. Provision is made for the supply at cost price of dried milk, malt and oil, Parrish's Food, etc., to suitable cases.

(b) The Branch Centre meetings at which are held on the second Tuesday of each month at 3 p.m. for Maternity and Child Welfare work only, is situated in the Wesleyan Chapel, Rush Green, kindly lent to us free of charge by the Chapel Authorities. The accommodation consists of a small Medical Officer's room and a larger room in which weighing is done. The object of this small Centre is to provide for those mothers who find the distance to the Main Centre too much, and we also get a few cases from the country district around Clacton. It does not involve any expenditure.

IV.—PUBLIC HEALTH STAFF.

District Nurse Midwife:

**MISS B. WEBB (Queen's Nurse, C.M.B.).

School and Tuberculosis Nurse:

††MISS C. E. BOUNDS (Queen's Nurse C.M.B.).

Health Visitor and Superintendent of the Welfare Centre:

*MISS M. CURTIS (Trained Nurse, C.M.B., Massage Diploma).

Sanitary Inspectors:

*MR. A. W. SHADICK (Cert. R.S.I.).

††*MR. G. H. SMITH (C.R.S.I., M.S.I.A., Meat Certif.). Also Certif. in Sanitary Science, Dip. Institute of Hygiene, Plumbing and Administration.

Medical Officer of Health:

†W. A. MILNE, M.B., Ch.B., D.P.H.

*Full-time officers.

††With special reference to House Refuse Removal and Disposal and Meat Inspection.

††Also Assistant County M.O.H. of Essex.

**By arrangement between the Clacton Urban District Council and the Clacton Nursing Association.

‡By arrangement between the Essex County Council and the Clacton District Nursing Association.

The Senior Sanitary Inspector also acts as Meteorological Observer.

Owing to the great increase within recent years of the work in the Sanitary Department it became necessary to increase the staff by the addition of an extra Sanitary Inspector. Mr. G. H. Smith, of Cannock, was appointed to the position and took up his duties on November 1st, 1925. Mr. Smith will take entire charge of House Refuse Removal and Disposal and Meat Inspection, thus leaving the Senior Inspector free to devote all his time to the greater part of the other work. Owing to insufficient staff it has been impossible for all the branches of Sanitary administration and inspection to be carried out efficiently, but with the additional help it is hoped that the work will soon be brought more into line with modern requirements. Already there is a vast improvement at the site of House Refuse Removal. Contributions to salaries are made as follows:—To the Medical Officer and Sanitary Inspectors under the Public Health Acts; to the Health Visitor and District Midwife by Exchequer grants; to the School and Tuberculosis Nurse by the County Council.

V.—PROFESSIONAL NURSING IN THE HOME.

Sick nursing in the home is provided by the Clacton District Nursing Association who employ two Queen's Nurses permanently with such extra help as is required from time to time. No contribution to the Association is made by the County or Local Authority for general nursing, but one of the Association's nurses also acts as School and Tuberculosis nurse under the Essex County Council who contribute £80 per annum for this work, so that the visiting of the minor infectious diseases is also provided for, our information as to the occurrence of these being attained from the Health Visitor and Teachers. The Medical Officer of Health is an ex-officio member of the Nursing Association so that the work is well co-ordinated.

VI.—MIDWIVES.

There are three midwives at present on the roll in the district, two of whom are provided by the Clacton District Nursing Association to which body the Local Authority contributes £100 per annum—less fees received.

The following is the scale of charges at present in force:—Midwifery, 20s. to members of the Association; 30s. to non-members. First cases, 5s. extra. Maternity nursing—that is cases with a doctor in charge of the case—10s. 6d.

VII.—LABORATORY WORK.

The Essex County Council have made provision at the Counties Public Health Laboratories, Queen Victoria St., London, for the free examination of pathological and bacteriological specimens, and the following is a summary of the work sent from Clacton during 1925:

		Positive	Negative
(a)	Diphtheria.—		
	Sent by General Practitioners ...	1	25
	Sent by Public Health Department ...	2	—
(b)	Paratyphoid.—		
	Sent by General Practitioners ...	1	—
	Sent by Public Health Department ...	2	—
(c)	Tuberculosis.—		
	Sent by General Practitioners ...	15	26
	Sent by Public Health Department ...	4	1

- (d) Water Analysis (Bacteriological).—Samples to test the purity of the various sources of supply and the efficiency of chlorination are taken regularly and sent to the Counties Public Health Laboratory.
- (e) Water Analysis (Chemical).—Samples are taken monthly in various parts of the town and are examined by the Medical Officer of Health.
- (f) Foods.—The only foods examined during 1925 were samples of preserved fruit and fish paste which were suspected to have caused food poisoning. These were sent to the Ministry's Laboratory. The results were negative.
- (g) Milk.—Milk sampling for statutory purposes is undertaken by the County Council, but since January, 1923, this has been supplemented by the Clacton Council undertaking a certain amount. About 50 samples are taken annually by the Sanitary Inspector and these are examined by the Medical Officer of Health. During 1925 one sample was found to be deficient in milk fat. In the case of unsatisfactory samples the vendors' names are forwarded to the County Council's Officer under the Food and Drugs' Act. No statutory action is taken by the Local Authority.

VIII.—LEGISLATION IN FORCE.

The following Local Acts and Bye-Laws are in force:—

The Clacton Improvement Act, 1905, which incorporates most of the provisions of the Public Health Act, 1907, Part IV. Regulations with respect to Dairies, Cowsheds, and Workshops, 1899. Bye-Laws as to new Streets and Buildings, Slaughter-houses, Common Lodging Houses, Nuisances, Cleansing of Footways, Privies and Cesspools and Removal of House Refuse, 1892. Bye-Law as to keeping of Swine, 1922. The Public Health Act, 1925, is still under consideration.

SANITARY CIRCUMSTANCES OF THE AREA.

I.—WATER SUPPLY.

This is obtained from the superficial gravels overlaying the London clay at Great Bentley, St. Osyth and in Clacton. The Great Bentley Works consist of a well 8 feet in diameter by 37 feet deep, from which the water is pumped by duplicate compound condensing engines each with a normal capacity of 25,000 gallons per hour. The well is sunk through the gravel and into the London clay and is lined throughout with cast iron cylinders, the bottom being concreted. The water is admitted by a special system of gratings in the lower rings of the cylinders, just above the clay, so that all surface water is excluded and possible contamination from this source avoided. The well is protected by an area of 25½ acres of land owned by the Council, the well being sunk almost in the centre. The normal safe capacity of this well is about 109,000,000 gallons per annum, though more could be got out of it. The well at St. Osyth is of similar construction and dimensions, is surrounded by 4.9 acres of Council's land and has a normal capacity of about 27,000,000 gallons per annum. The third well is situated in Clacton itself at Whitehouse Farm, on the outskirts of the town. It was re-opened in 1922, after being out of use for ten years, to augment the existing supply. It has been used for about nine months in the year and has a capacity of about 25,000,000 gallons. This well has the great disadvantage that it has no surrounding protective area and is in too close proximity to dwelling houses. It

has therefore always been chlorinated, notwithstanding the fact that samples taken before chlorination have always been highly satisfactory on bacteriological and chemical analysis. It is held on a lease expiring in June, 1927. Chlorinating apparatus have since been installed at the other wells also, for use when considered necessary. From these sources the water is led direct to the filter beds in the town and thence to a covered storage tank of 500,000 gallons' capacity. From this it is pumped to a small service tank on a tower which supplies the town direct. With the exception of a few houses in outlying parts of the town and farms which get their supply from wells, the town water is laid on to all houses in the District; there are only a few standpipes. The supply is cut off between 12 midnight and 6 a.m.

Quantity.—The annual amount supplied varies between 130 and 140 million gallons and having regard to the continued and rapid growth of the town and the increasing influx of visitors during the summer it will be seen that the limit of present resources is nearly being reached. The Whitehouse Farm well is not one which can be kept in use indefinitely so that it becomes necessary to look around for other sources to meet the needs of a growing population. It is desirable to obtain a supply which will be sufficient for the next 20 or 30 years, and it is estimated that for this purpose it will be necessary to secure about 280,000,000 to 300,000,000 gallons per annum.

Several schemes have been considered:—

(1).—The number of shallow wells might be increased by opening others in suitable localities; but a multiplicity of small undertakings is costly to work and in this district would not yield the requisite supply.

(2).—A deep well in the chalk might be constructed at Great Bentley; this, if it yielded a sufficient supply at all, would probably be found useless owing to excess of salt in the water.

(3).—A deep well in the chalk might be sunk in some other neighbourhood likely to yield a satisfactory water. This would no doubt give the result desired, but at enormous cost to the town.

(4).—A supply in bulk might be obtained from some other Authority having sufficient to spare. This is likely to be the most satisfactory and economical method and negotiations are now in progress with this end in view. If these are satisfactorily concluded the town will have a constant supply of pure and wholesome water sufficient for all purposes for many years to come.

II.—RIVERS AND STREAMS.

There is only one small stream passing through the district and it receives no drainage from Clacton. Complaint was received of contamination by the overflow from a certain piggery, but this has been stopped.

III.—DRAINAGE AND SEWERAGE.

There is a system of drains and sewers with which all the houses in the town proper are connected. The outlying rural parts are, however, not sewered, but with the exception of Bocking's Elm district, these contain mostly isolated houses or small groups of houses. The system discharges into the sea by two outfalls at the East and West ends of Clacton respectively, the outfalls being placed well out to sea. The sewage is screened before discharge. There is in addition

a storm water sewer with its own outfall to the sea. The system no doubt worked well for many years, but the same cannot be said now and during the last year or two complaints have been received of nuisance arising in the neighbourhood of the outfalls. The whole system requires, and is at present receiving, full consideration. The method of disposal in the Bockings Elm district also demands serious attention. At present these houses, about 40 in number, are provided with cesspools, the contents of which are pumped on the land by the tenants. Either the Council should undertake the emptying or they should be connected up with the town's system of sewers. It may be added that at the time of writing the whole system is being reported upon by an expert engineer.

IV.—CLOSET ACCOMMODATION.

All houses in the town are provided with water closets and it is only in the outlying rural parts of the district that a few pail closets or privies are still to be found. The following is a list of the approximate numbers of each:—

Privies with open middens	—
Privies with covered middens	23
Pail closets	65
Waste water closets	—
Numbers converted to W.C.'s during recent years					6

V.—SCAVENGING.

A portable covered iron dustbin is insisted upon for the storage on the premises of house refuse; in default the Council have power to supply and charge the owner. Removal is undertaken by the Council and there is a weekly collection. It is disposed of by carting to a tip outside the town where it is now deposited in accordance with the Ministry's recommendations. I have previously had to report adversely on this tip, but since the reconstruction at the end of 1925 and the appointment of an additional Sanitary Inspector to take charge, I am pleased to say that there is an enormous improvement. In the rural parts of the District refuse is mostly used on the gardens, while cesspools are emptied by the tenants. In the Bocking's Elm District this is not satisfactory and should be replaced by the Council undertaking the work, or better still the district should be sewerred.

SCHOOLS.

There are three public elementary schools in Clacton, the sanitary condition of all being more or less satisfactory, though some improvements could be and have been suggested to the Managers. They have all the Council's water supply laid on and they are drained to the sewer. The Medical Officer of Health also acts as School Medical Officer under the County Council, so that a considerable amount of School Inspection is undertaken from the point of view of the general health of the scholars as well as with regard to the environment. Treatment is also carried out at the School Clinic. It has not been the practice to resort to school closure on account of infectious disease, reliance being placed on examination of contacts and carriers and occasionally to the exclusion of certain groups of children in Infants' Departments. Information as to absence from school is supplied to me by Head Teachers and Attendance Officer. There are also several

private schools in the District and as regards infectious disease we have a certain amount of control by virtue of the Clacton Improvement Act, but I feel that more powers are required to deal with such matters as ventilation, air space and sanitary accommodation. Some of the smaller schools are not by any means satisfactory in those respects.

SANITARY INSPECTION OF DISTRICT.

The staff for this work was made adequate by the appointment of an additional Inspector at the end of 1925.

I append the Inspector's Report for the year:—

Clacton Urban District Council,
Public Health Office,
February, 1926.

TO THE MEDICAL OFFICER OF HEALTH.

Sir,—I beg to submit my report of the work carried out in this Department during the past year ending December 31st, 1925.

1. Water.—With the exception of those houses situate in the rural part of this District and supplied by wells, all houses are connected to the Council's Water Mains, except about 8 or 10 which are supplied by a stand pipe on their premises.

2. Rivers and Streams.—There is only one watercourse which flows through a part of the District and which is generally dry for a greater part of the year. During the year it was found to be somewhat polluted by two owners of swine allowing some drainage from their styes to flow into it. On pointing out the defects they were soon remedied.

3. Closet Accommodation.—The majority of closets in the District are water closets. There are, however, 23 privies, and 65 earth or pail closets in those parts of the District which are not sewered. There have recently been six of these converted to water closets.

4. Scavenging.—During the past year five covered horse wagons and one ton covered Ford motor wagon have been employed in the collection of house refuse. Extra wagons are put on in the busy season. The refuse is disposed of by tipping at Rush Green, this tip being about $1\frac{3}{4}$ miles from the main part of the town. Certain recommendations in respect to the collection and disposal of the house refuse were submitted to the Council by Mr. Dawes, O.B.E., Inspector to the Ministry of Health, at an enquiry into the methods then obtained. Extra assistance has been obtained and the present system is being overhauled with a view to carrying out the requirements of the Ministry, and incidentally providing for more economic and efficient carrying out of the work. In my next report I hope to give various statistics bearing upon the quantity collected, cost of collection, disposal, etc. The future scheme provides for the excavation of sand, etc., from the pit site, the refuse being deposited into the excavations and covered with a layer of top soil. Paper and other light combustible refuse is burned in an incinerator. Steps are taken from time to time to prevent the tip becoming infested with rats. The refuse is light and bulky, the greater portion being combustible.

Trade refuse is charged for according to the quantities collected. Clacton being a seaside resort, the quantities collected vary with the seasons reaching the maximum in July and August. The Council do not undertake to cleanse earth closets, privies and cesspools, that duty being incumbent upon the occupiers in each case. There are in the District but very few fixed receptacles for house refuse, galvanised iron ashbins being almost invariably used.

5. Sanitary Inspections of Area.—(1). Number of inspections made during year 544 excluding visits to Slaughter-houses and shops under the Public Health (Meat) Regulations, 1924. (2). Number of notices served during year:—(a) Informal, 102; (b) Statutory, 39; (c) result is service of such notices—5 outstanding.

Nuisances have been abated during the year arising or caused by defects as follows:—

Defective Drains	26
Defective Water Closets	15
Defective Ashbins	80
Defective Roofs	9
Defective Floors	6
Defective Eaves Gutters and R.W. Pipes	3
Defective Cealings	4
Defective Cesspools	10
Accumulations of Refuse, etc.	5
Premises without water supply	1
Water Wasting causing Dampness	5
Insanitary Premises	5
Animals kept as to be a nuisance	2
Pollution of Watercourse	2
Overcrowding	1

6. Smoke Abatement.—It has not been found necessary to take any action under this heading.

7. Premises and Occupations controlled by Bye-laws and Regulations.—The only premises in the District which are controlled by Bye-laws and Regulations are Tents, Vans, Sheds and similar structures and only on two occasions have steps had to be taken in respect of Caravans.

8. Other Sanitary Conditions.—The practice of depositing garden refuse such as hedge clippings, lawn mowings, etc., on vacant plots of land by jobbing gardeners and others although at the time is hardly to be deemed a sanitary nuisance, yet is an eyesore and often causes annoyance to the public, is generally dealt with under Sec. 10 of the Clacton Improvement Act, 1905.

9. Housing Overcrowding.—(1), extent. Only one case of actual overcrowding has been dealt with during the year, but very many of the working class houses have more than one family in them. (2), causes. This is apparently caused by the dearth of small dwellings. (3), measures taken for dealing with same. The Council have erected 20 houses and are at the present time erecting 40 more, besides which there is also a further scheme about to be launched.

Fitness of Houses.—1. (a). The general standard of the condition of houses in the District as to state of repair, cleanliness, etc., is on the whole fairly good. (b) The greatest causes of complaints arise mostly from defective kitchen ranges, stoves, roofs, sashlines and ashbins. (c) My opinion is that these defects are caused largely by

tenants of small property sub-letting portions of their houses for the purpose of gain, thus causing extra wear and tear, and the owner on his part resents being put to the expense of repairs largely caused by profiteering of his tenants. 2.—The above (c) represents the general difficulty experienced in remedying defects under both P.H. and Housing Acts. 3.—The measures taken as regards water supply, closet accommodation, and refuse disposal are that each house has to have its own proper supply of water, a sufficient water closet, earth closet or privy and a sufficient ashbin which are emptied by the Council at least once each week. 4.—Summary of Defects found on Inspection under Housing Acts:—

Defective Drains	8	Defective Eaves Gutters, etc.	6	
Defective Water Closets	11	Defective Windows	...	3
Defective Ashbins	13	Defective Sashlines	...	22
Defective Roofs	19	Defective Ceilings	...	3
Defective Floors	5	Defective Plastering	...	4
Defective Stairs	1	Defective Water Fittings	...	1
Defective Coppers	9	Houses needing cleansing	...	5
Defective Stoves and Ranges	19					

10. Milk and Dairies.—There are in the District 9 Cowsheds, 10 Registered Wholesale Producers of Milk, of which 3 are also registered as retailers and a total of 26 Registered Retail Purveyors. Frequent visits are paid to these premises which are on the whole well kept and clean, the only fault found during the past year was of a cowshed needing linewashing.

11. Meat and Inspection Foods.—There are six Slaughter-houses in the Urban District, one new one being licensed during the past year. Two of the remaining ones are Registered Premises and three Licensed. These premises are inspected at various times including time of slaughter. The Public Health (Meat) Regulations came into operation upon 1st April, 1925. These Regulations are welcome as providing machinery for more uniform and efficient inspection of our food supplies. The Regulations provide that notice of the slaughter of all animals intended for sale for human food be given to the designated Officer at a stated time previous to slaughter. In addition the use of slaughter-house is prohibited for any purpose whatsoever except the slaughter of animals for human food and only implements, etc., used in the process of slaughter may be stored in the slaughter-house. Certain conditions also apply to premises upon which the sale, storage and preparation of food is carried out and also to handling and wrapping of meat during transit. The whole gist of the Regulations is to provide for a more uniform system of inspection of our food supplies throughout the country, and prevent the preparation of food in other than clean premises; to prevent food after preparation for sale from becoming contaminated by dirt, flies, etc., and to see that all persons engaged in food preparation and distribution use cleanly methods and utensils. Since the advent of the above Regulations the following have been inspected, viz.:—

262	carcases of Beef and Offal.
458	carcases of Mutton and Offal.
333	carcases of Lamb and Offal.
533	carcases of Pork and Offal.
72	carcases of Veal and Offal.
9	carcases of Goats and Offal.

The following were found to be diseased or otherwise unfit for human food and destroyed:—

- 2 carcases of Pork and Offal.
- 9 Pigs' Livers.
- 1 Pig's Mesenteric Fat.
- 3 Beasts' Livers.
- 1 Beast's Lungs.
- 2 Pigs' Heads.
- 1 set Beasts Lungs (Tubercular).

Small items of condemned meat are burned in the copper fire at the Slaughter-house. Larger pieces are buried in lime at the Refuse Tip. In future all condemned meat not capable of destruction at the premises where found will be destroyed by burning in an incinerator now available at the Refuse Tip. Visits are also paid frequently to Hotel and Restaurant Kitchens, also to other places where food is prepared for sale such as Brawn, Lard, Dripping, Ice Cream, etc. During the year two premises have been closed as unsuitable for the working of Ice Cream.

Bakehouses.—There are 10 bakehouses in the District, none of which are under ground. These are frequently visited and are found generally to be kept in a cleanly state, but during the year five were found to be in need of limewashing.

12. Antitoxin Issued.—During the year 30,000 units of Diphtheritic Antitoxin has been issued. This amount is much the lowest quantity issued in one year since the commencement of distribution by the Council.

13. Infectious Disease.—A horse-drawn brougham ambulance is owned by the Council for removal of infectious patients to Hospital. This ambulance is kept at the Town Yard and is readily available at any hour in case of emergency. Disinfection is carried out personally by Sanitary Inspector. The disinfection of premises is done by Formaldehyde used either by spraying or by vapour from a lamp and sometimes both methods are used. Bedding, clothing, etc. is disinfected by means of a Trench Steam Disinfector which is fixed at the Council's Isolation Hospital. Twenty-seven patients have been removed to Hospital and 51 premises disinfected during the year.

14. Factories and Workshop.—During the year 15 inspections have been made to Factories, 29 to Workshops and 12 to work places. The defects found were five Bakehouses needing limewashing and one Sanitary accommodation being in an offensive state. There are 97 Workshops on the Register.

(Signed) A. W. SHADICK.

HOUSING.

Clacton is a modern town so that it may be said that housing conditions generally are good. At the same time there is a certain amount of old property of a rural type which is not good, some of which is getting into a dilapidated condition. With the growth of the town it will no doubt gradually disappear. It was reported in 1920 that the total number of houses in the district was about 2,610, of

which about 1,000 were working-class houses. Since that date building has been resumed and the following table shows the number of dwelling-houses erected each year:

	1921	1922	1923	1924	1925
(a) Total erected ...	17	54	105	223	212
(b) With State assistance					
(1) by the Local Authority —	—	—	—	20	—
(2) by other persons ...	—	—	3	52	74

This table shows that during the five years 611 dwelling-houses were erected, of which 149 were built with assistance from public funds. During 1925 the Council started a second housing scheme to provide 44 new houses for the working-classes and the first of these will be ready for occupation early in 1926, and the whole should be completed before the end of the year. There were over 150 applicants for these houses which shows that the demand for this type of house has not yet been met. The rent asked is 16s. 6d. per week which would appear rather more than most of the working classes can afford to pay. A third scheme to provide a further 60 houses is now under consideration and I would suggest that a somewhat smaller house be provided in this scheme in the hope that tenants will not be compelled to let in order to meet a heavy rent.

From the above remarks it will be obvious that there is a good deal of overcrowding in the smaller houses in the town. The amount of building and other work which has been going on during the last two or three years has drawn a large number of artisans from other districts, some of whom have even to find accommodation in the surrounding villages.

The following statistics taken from the Census Return of 1921 will give some idea of the housing conditions at that time:—

Structurally Separate Dwellings	1—3 rooms	4—5 rooms	6—8 rooms	9 or more rooms	Total dwellings	Total rooms
Undivided Private Houses	64	765	1,003	377	2,202	14,683
Divided Private Houses
Tenements, Flats ...	12	17	4	...	33	137
Shops ...	14	59	92	31	196	1,267
Others	4	...	2	6	40
Total ...	90	845	1,099	410	2,444	15,127
Vacant on Census Night ...	5	19	35	28	87	625
Dwellings Occupied						
by 1 Private Family ...	81	647	771	277	1,776	11,433
by 2 Private Families ...	4	141	166	61	372	2,472
by 3 or more Private Families	...	38	127	44	209	1,597
Total Dwellings Occupied by Private Families						
Number ...	85	826	1,064	332	2,357	15,502
Percentage ...	4	35	45	16	100	—
Total Private Families						
Therein ...	89	1,046	1,523	557	3,215	—

This table shows for the various types of building the number of structurally separate dwellings within them, the sizes of such dwellings and the manner of their occupation. The most important points to note are that out of 2,357 dwellings occupied, 372 or 15.7 per cent. were occupied by two families and 209 or 8.8 per cent. by three or more families. The corresponding figures for the County of Essex as a whole are 26 per cent. and 4 per cent. respectively. It also shows that Clacton is well situated as regards the type of house occupied, only 4 per cent. being 1 to 3 room dwellings and 45 per cent. containing from 6 to 8 rooms. This is better than for the County as a whole. In respect of room accommodation per dwelling, Clacton stands third on the list of Essex towns with 6.58 rooms, being surpassed only by Frinton and Wanstead; while on the other hand its figure of 1.36 families per dwelling is only exceeded by one town, namely, West Ham, with 1.43. Clacton's relative position, however, is improved by the fact that the dwellings are larger and the families smaller. The number of persons per family in Clacton has fallen from 4.13, in 1911 to 4.09 in 1921. The number of rooms per person is 1.17. Other figures given in the Census Return which have a bearing on housing are, that while during the decennium, 1911—1921, there was an increase of 454 dwellings or 21 per cent., at the same time the number of families increased by 1,120 or 53.5 per cent. The result was that the population living more than two persons to a room increased from 2.8 per cent. in 1911 to 7.9 per cent. in 1921.

The other table gives the number of families occupying a certain number of rooms from which it will be seen that in 1921 there were 268 private families occupying one room, or 8.3 per cent. of the total, compared with a figure of .8 per cent. in 1911. It also shows increased occupation of a smaller type of house than was the case ten years ago. The above figures speak for themselves, and indicate the position at any rate as it was when the Census was taken. Since then over 600 houses have been built, but unless we know the exact population it is hardly possible to compare those conditions with the position in 1926. We do know however, that there is still a large number of families to be provided for.

HOUSING INSPECTION.—Owing to insufficient staff and increase in other work of the Sanitary Department, housing inspection during 1925 has been somewhat neglected. Now that we have an additional inspector it will be possible to undertake more of this work in future. During the last five years some 500 houses have been inspected. The defects most frequently met with are burnt out ovens of kitchen ranges, broken fire bars of grates, defects in coppers, defective floors and leaky roofs, the majority being due to fair wear and tear. In only a few cases could one definitely say that waste or neglect on the part of tenants contributed materially to the defects. Difficulty in having repairs executed is limited to a few landlords only. In these cases the Council have undertaken the work at the owners' expense and have recently decided that in future the names of owners of property where defects are found shall be published. With regard to dilapidated houses, the Council have hesitated to close owing to the shortage of other houses available. Action has been taken under the Public Health Acts in 38 instances, and 32 notices were served under the Housing Acts and the total defects remedied numbered 174. Clacton has no areas which might be regarded as unhealthy, so that no action under this head has been required. The Bye-laws relating

	Private Families occupying the following number of rooms.								Total Private Families	Popu- lation	Rooms occupied	Number of rooms per person.
	1	2	3	4	5	6-7	8-9	10 and over				
Total Private Families	268	508	422	390	502	633	304	188	3,215
Population in Private Families ...	557	1,543	1,659	1,633	2,347	2,816	1,487	1,111	...	13,153
Rooms Occupied ...	263	1,011	1,264	1,560	2,508	4,120	2,541	2,069	15,341	1·17
Percentages of (a) 1921	8·3	15·8	13·1	12·1	15·6	19·8	9·5	5·8				
Percentages of (b) 1911	·8	2	2·6	11·5	21·2	33·8	16·5	11·6				

to housing appear generally to be sufficient to deal with most matters. Those relating to new buildings are at present under revision. More might be done with regard to the efficient paving of yards in connection with dwelling houses. I find that out of 515 houses inspected, only 120 or 23.3 per cent. are described as having the yards paved, 135 or 26.2 per cent. are part or roughly paved, and 260 or 60 per cent. as having no paving of any kind. Lack of paving round a house is a fruitful source of damp in the house itself and in a wet season is liable to cause rheumatism in children who have no other place of recreation than the back of the house; it also increases the difficulty of cleansing. The Inspectors during their visits are in the habit of instructing tenants as to the proper use of water-closets, etc., and advising the use of kitchen fire as the best receptacle for household refuse and garbage. More attention by householders to this matter would ensure considerable relief to the rates.

I.—UNFIT DWELLING-HOUSES.

Inspection.—(1) Total number of houses inspected for housing defects (Public Health and Housing Acts)	257
(2) Number of houses inspected and recorded under the Housing (Inspection of District) Regulations, 1910, on the Housing Consolidated Regulations, 1925	50
(3) Number of houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	Nil
(4) Number of houses (exclusive of those under (3) found not to be in all respects reasonably fit for human habitation	56

II.—REMEDY OF DEFECTS WITHOUT FORMAL NOTICES.

Number of defective dwelling-houses rendered fit in consequence of informal action	2
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III.—ACTION UNDER STATUTORY POWERS.

A.—Proceedings under Housing Act, 1925, Sec. 3 and Sec. 28 H.A., 1919.

(1) Number of dwelling-houses in respect of which notices were served requiring repairs	32
(2) Number of dwelling-houses rendered fit after service of formal notices:—	
(a) by owners	21
(b) by Local Authority in default of owners	Nil
(3) Number of dwelling-houses in respect of which Closing Orders became operative in pursuance of declarations by owners of intention to close	Nil

B.—Proceedings under Public Health Acts.

(1) Number of dwelling-houses in respect of which notices were served requiring remedy of defects	38
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(2) Number of dwelling-houses in which defects were remedied after service of formal notices:—

(a) by owners	28
(b) by Local Authority in default of owners	9

C.—Proceeding under Housing Act, 1925, Secs. 11, 14, 15.

(1) Number of representations made with a view to the making of Closing Orders	Nil
(2) Number of dwelling-houses in respect of which Closing Orders were made	Nil
(3) Number of dwelling-houses in respect of which Closing Orders were determined	Nil
(4) Number of dwelling-houses in respect of which Demolition Orders were made	Nil
(5) Number of dwelling-houses demolished	Nil

SUPERVISION OF FOODS.

I.—MILK SUPPLY.—The following table gives the extent of the local milk supply:—

Number of Cowkeepers	9
Number of milk sellers who are also cowkeepers	3
Number who are milk purveyors only	26
Total numbered registered	32
Approximate number of milch cows	130
Number of cowsheds	9

The cowsheds and dairies in the district have been inspected and supervised so far as time and other work has permitted. With the extra help recently obtained it will be possible to do more in the future. Generally the premises are in good order and kept in a cleanly state, but there is room for improvement in the methods of milking in many cases. During the summer months the local supply is not equal to the demand and large quantities have to be brought in from other districts. The local herds are generally healthy and no case of tuberculosis has been dealt with, nor has there been any disease which could be attributed to the milk supply. In addition to the ordinary inspection we have arrangements for veterinary inspection when required and although Clacton is not the authority to administer the Sale of Foods and Drugs Acts, four samples of milk are collected monthly and submitted to chemical analysis by the M.O.H., any found deficient in fat being reported to the officer of the County Council. With regard to the stopping of a particular supply in case of disease attributable to milk, I have tried locally to ascertain whether Sec. 4 of the Infectious Diseases (Prevention) Act, 1890, has been adopted, but I have not been successful. Graded Milk.—There is one purveyor licensed to sell Grade "A" milk in the town; samples taken during 1925 and examined at the Counties' Public Health Laboratory were found to be up to the required standard. No one is licensed to sell

pasteurised milk. One case of unsatisfactory water supply was dealt with during 1925, a new supply being laid on from the Council's main.

II.—MEAT.—The Committee directed the Inspector to give particular attention to meat supervision at the expense of other work. The result has been that a large amount of visiting has been done in connection with the slaughter-houses and animals at the time of slaughter, shops, etc. There are no arrangements for marking the meat inspected. Diseased meat is removed by the Sanitary staff and disposed of by burial at the Council's tip. From 1926 the entire duties connected with meat inspection will be taken over by the additional Sanitary Inspector, Mr. Smith, who is specially qualified in this branch. There is no public slaughter-house in Clacton; the butchers were asked during 1925 whether, if one were provided, they would be willing to use it, but they all declined, and we do not appear to have any power of compulsion. Bills requesting the public to refrain from handling meat exposed for sale were provided by the Council for exhibition in shops. The number of slaughter-houses is as follows:—

	1920	Jan. 1925	Dec. 1925
Registered ...	2	2	2
Licensed ...	1	4	5
	—	—	—
Total	3	6	7

III.—OTHER FOODS.—These and the premises on which foods are prepared have been kept under supervision so far as time has permitted. The sanitary condition was found to be satisfactory in most cases. The most important cases dealt with during the year referred to two instances of the making of ice-cream in unsuitable premises. In one case improvements were carried out and in the other the manufacture was stopped.

IV.—FOOD POISONING.—One case of suspected food poisoning was brought to our notice last summer. The persons affected included a number of visitors who were staying at a house in the town and who were suddenly seized with the usual signs and symptoms of the malady. Suspicion was directed by the housekeeper to tinned pineapple and fish paste and samples of these and empty tins were sent to the Ministry's Laboratory along with specimens of some of the infected persons' blood. These, however, all gave a negative result.

INFECTIOUS DISEASE.

Infectious Disease 1925.

Disease.	Total Notified.	Admitted to Hospital.	Total Deaths.
Small Pox
Scarlet Fever	18	18	...
Diphtheria	1	1	...
Enteric Fever	3	3	...
Puerperal Fever
Pneumonia	1
Others Generally Notifiable ...	Erysipelas 3 Chicken Pox	1
Others Notifiable Locally ...	[83		...

Notifications During 1925.

	Diphtheria	Pneumonia	Scarlet Fever	Enteric Fever	Chicken-pox	Ophthalmia	Erysipelas	Tuberculosis	All Cases
1st Qtr.	4	...	11	1	1	7	24
2nd "	1	5	...	18	...	1	5	30
3rd "	5	1	21	5	32
4th "	1	...	4	2	33	...	1	3	44
Totals	1	1	18	3	83	1	3	20	130

Notifications during the 5 years 1921—25.

Disease	1921	1922	1923	1924	1925
Small Pox
Scarlet Fever	38	18	10	7	18
Diphtheria	27	7	15	3	1
Enteric Fever	1	2	3	3
Puerperal Fever	1
Pneumonia	3	8	5	2	1
Erysipelas	2	1	1	3	3
Chicken Pox	18	35	33	19	83
Tuberculosis	20	19	24	20	20
Ophthalmia	1	1	1
Polioencephalitis	2	1	...

Analysis of Infectious, Diseases 1925.

Ages at Notification.												
	Under 1 year	1—2	2—3	3—4	4—5	5—10	10—15	15—20	20—35	35—45	45—65	
Diphtheria 1 4	... 5	1	... 3
Scarlet Fever 1	... 2	5
Enteric Fever
Puerperal Fever 1
Pneumonia	... 2	... 2	... 2	... 6	... 5	... 30	... 29	... 5	... 2 3
Chicken-pox
Erysipelas...
	2	2	2	7	5	35	36	11	5	4

The position with regard to the ordinary infectious diseases during the quinquennium may be considered very satisfactory. Reference to the table giving the numbers notified during this period will show that there has been no case of Small-pox; Scarlet Fever has shown a continuous decline, the slight increase during 1925 being due to the fact that the notifications include several which were highly doubtful. The most marked diminution has taken place in the case of Diphtheria, of which disease only one case was notified during 1925; the slight increase during 1923 was due to an outbreak in a children's institution and was introduced by a carrier from London. As regards Enteric Fever there have been few cases and most of these were importations. The only disease which has shown any increase has been Chicken-pox, of which there were 83 notifications during 1925, the great majority occurring in children's institutions; fortunately this is a mild disease and rarely leaves behind it any serious after effects such as are not uncommon with the others. As regards the other infectious diseases, e.g., measles, whooping cough, mumps, these are not notifiable so we lack the means of estimating their prevalence exactly, but one may state they occur in fair numbers every winter. Our information as to these cases comes from the head teachers of the schools and from the Health Visitor and they are all followed up by the school nurse. A considerable amount of home visiting is done in this connection every winter.

TUBERCULOSIS—New Cases and Mortality during 1925.

Age Periods.			Tuberculosis.							
			New Cases.				Deaths.			
			Pulmonary.		Non-Pulmonary.		Pulmonary.		Non-Pulmonary.	
			M	F	M	F	M	F	M	F
0
1
5	1
10	1
15	1	1
20	3	1	1
25	2	4	1	1
35	1	1	2	2
45	2	1	1
55	1
65 and upwards
Totals.			8	7	2	...	6	5

The notifications under this head during 1925 were:—

Form A	16 cases
Form B	1 case
Form C	6 cases
Form D	5 cases

New cases notified on Form D are dealt with as those on Form A. Of the new cases notified 15 were of Pulmonary Tuberculosis and two of Non-Pulmonary. Of the 17 new cases notified, five died during the year, one on the day of notification, one within three months, two within four months, and one within six months. Six of the new cases received Sanatorium treatment under the County Council's Scheme and three left the district.

The total deaths from Tuberculosis during the year numbered 11, all of which had been notified before death.

The number of cases on the register at the end of the year was:—Pulmonary, Males, 22; Females, 14; total 36. Non-Pulmonary, Males, 7; Females, 9; total 16—52.

The number of new cases notified annually during the past five years has been in the neighbourhood of 20, while the deaths have been half this amount. Both figures have been remarkably stable during the quinquennium. They do not, however, all arise in Clacton itself, there is a certain proportion of imported cases, some of whom only make a temporary stay. Such being the case I have no doubt there are others whom we never hear about at all. The Medical Officer of Clacton also acts as Tuberculosis Officer for the district under the County Council's scheme.

None of the cases on the register is engaged in the milk trade, nor has any action been taken under Sec. 62 of the Public Health Act, 1925, which gives the Council power to remove to hospital (if available) cases which are likely to be a menace to the health of other occupants of the house.

The Influenza deaths have been limited to one or two annually and the disease does not seem to have reached epidemic proportions during the five years under consideration.

Notifications under the head of Pneumonia have also diminished and there have been no cases of malaria, dysentery or trench fever.

No case of Encephalitis Lethargia has been notified, but my experience at the Infant Welfare Centre convinces me that cases in children of so mild a character as to be missed at the time of the acute stage, are occurring from time to time. We have not had any "return" cases during the period under review; care is taken that any discharge from the nose or ears is thoroughly treated before the patient returns home, the stay in hospital being, if necessary, prolonged in such cases.

The Shick and Dick tests have not been tried. In the case of an outbreak of Diphtheria in an Institution artificial immunisation was suggested, but objection was raised.

We have had no Small-pox during the five years, but occasionally we get a contact from an infected district; in these cases we have been successful in persuading them to be vaccinated by the Public Vaccinator.

Diphtheria Antitoxin.—This is issued free of charge to medical practitioners on application, supplies being kept in the Council Offices, the Welfare Centre, the Isolation Hospital and at the Sanitary Inspector's residence. The amount issued during 1925 was 30,000 units.

Bacteriological Examinations.—The examination of bacteriological and pathological specimens is provided for free by the County Council

at the Counties' Public Health Laboratory in London. During 1925 there were sent from Clacton 38 throat swabs, 46 specimens of sputum and three specimens of blood.

Prevention of Infectious Disease.—The action taken in the control and prevention of diphtheria and scarlet fever is somewhat as follows:

1.—Each case is visited by the Sanitary Inspector and an investigation of the sanitary condition of the house made.

2.—Removal of the case to hospital unless there is clear evidence that the case can with safety remain at home.

3.—Disinfection of the house, bedding, etc.

4.—Most cases are visited by the M.O.H. and enquiries made into the possible sources of infection; if thought necessary swabs are then taken from diphtheria "contacts."

5.—"Contacts" are excluded from school for two weeks, or longer if necessary.

6.—In the case of school children, the school attended may have to be visited with a view to finding any possible mild case or "carrier."

7.—No child is discharged from hospital until free from any discharge from the nose or ear or in the case of diphtheria until it has had at least two consecutive negative throat swabs.

8.—The sanitary condition of the school may also be investigated.

Isolation of Infectious Disease.—As stated above, all cases of scarlet fever, diphtheria and enteric fever are, with few exceptions, taken to the Council's Isolation Hospital at Rush Green.

The following table gives a summary of the admissions to the Isolation Hospital during 1925:

	Admitted	Result			Diphtheria	Scarlet Fever	Erysipelas	Enteric	Tonsillitis
		Died	Cured	Re-main-ing H.					
1st quarter	5	—	4	1	—	4	1	—	—
2nd "	6	—	6	1	—	5	—	—	1
3rd "	8	—	7	2	—	5	—	2	2
4th "	8	—	8	2	1	4	—	2	1
	27	—	25	6	1	18	1	4	4

This is a permanent Hospital arranged in two ward blocks containing 17 beds and an administrative block consisting of a sitting and drawing room, 4 bedrooms, kitchen and offices. There is also a laundry and disinfectory. The Hospital staff consists of a matron, two nurses and two maids.

Provision for Small-pox is made at Colchester. The administrative control of the Hospital is in the hands of the Medical Officer of Health, while the patients are attended by their own doctors. This is not a very satisfactory arrangement, but it has always been the custom. No structural alterations have been made in the Hospital during the past five years, but early in 1922 the old disinfectory which had been in use for many years and had become unserviceable, was replaced by a new cast iron disinfectory at a total cost, including new horse, of £140. The question of heating the wards has been under consideration several times. The open fires at present in use in the Scarlet Fever

block do not supply an adequate temperature and it has been decided to supplement these by the installation of three anthracite stoves. Central heating would no doubt be the best method, but, having regard to the fact that during the past three or four years very few of the beds have been occupied, the expense was not considered justified. As stated before we have been fortunate during the past five years in having very little infectious disease in Clacton and the Hospital has been largely unoccupied, and this fact has given rise to the question of the advisability of maintaining in its present condition an institution costing over £1,000 a year. There is no doubt that small institutions are difficult to administer and costly to maintain compared with large ones; and the proposal was made by the County Medical Officer during the year, that the Hospital be taken over by the County Council for the admission of cases of Tuberculosis, any cases of infectious disease arising in Clacton being sent to the Colchester Fever Hospital by arrangement with the Colchester Corporation; a diminution of overhead charges being expected from the change. This was fully considered by the Public Health Committee who maintained that the expenditure should really be looked upon as a form of insurance and decided against the scheme.

Disinfection.—Disinfection of clothing and bedding is carried out by steam disinfection at the Isolation Hospital, while for rooms and premises formalin spray is used. There are no facilities in the district for cleansing and disinfection of verminous persons and their belongings.

MATERNITY AND CHILD WELFARE.

INSPECTION OF MIDWIVES.—There are three practising Midwives on the Register in Clacton, two of whom are employed by the Clacton District Nursing Association. The Local Supervising Authority under the Midwives' Acts is the County Council, but the local Medical Officer of Health, by virtue of his position as an Assistant County Medical Officer of Essex, does the actual inspections and his reports are sent to the County Council. Besides the three above-mentioned who are on the Register, there are several other trained women in the town who are described as maternity nurses, that is they only nurse cases where a medical practitioner is also in attendance, and lastly there are a number of untrained, but these are happily disappearing. I am informed that several of the doctors in the town have agreed among themselves to employ only trained women and in no circumstances will they attend unless a trained nurse is engaged. This is a great advance and if carried out should very soon lead to the extinction of the "gamp." At the same time there seems no reason whatever why a woman practising as a maternity nurse only, should escape inspection. This is a weak point in the Act which ought to be remedied.

MATERNITY AND CHILD WELFARE.—The total number of births notified under the Notification of Births Acts during 1925 was 161, viz., 81 males and 80 females. These are distributed as follows:—

Attended by Medical Practitioners	130
Attended by Midwives	31

STILLBIRTHS.—Seven stillbirths were notified during the year, five of which were attended by doctors and two by midwives. An attempt at classification with respect to cause gives:—

Large size, cord round neck	3 cases
Illness in mother	2 cases
Unknown	2 cases

In no case was there a history of any previous accident.

The Council contribute £100 per annum to the Nursing Association towards the expenses of a midwife and the following table gives the work undertaken by her during 1925:—

Number of Midwifery cases attended	31
Number of Maternity cases attended	49
Number of Ante-natal visits	126
Attendants at Ante-natal consultations	121

Maternity nursing in the home is divided among the following (excluding the 31 attended by the midwife):—

Attended by certificated nurses	49
Attended by trained private nurses	37
Attended in Nursing Homes	7
Attended by untrained and uncertificated women	37
				—
Total				130

It will be seen from this table that over 77 per cent. of women employed a trained nurse at their confinement, but one cannot be satisfied until the untrained woman is entirely eliminated. The main obstacle in Clacton I think is the extra expense incurred by the necessary engagement of a home help.

In attending to the health of expectant and nursing mothers and young children, the following staff is employed:—

- (1). The Medical Officer of Health who attends the consultations at the Centres.
- (2). A Health Visitor who is also in charge of the Welfare Centres.
- (3). A Midwife who also acts as District Nurse.
- (4). A District Nurse whose services are utilised in cases of illness.

ANTE-NATAL visiting is done and instruction given at the Centre by the Health Visitor, while the midwife performs a like function with regard to her own cases. This work is of great importance and is showing signs of growing, and I am of opinion that the appointment of a specialist in this branch to attend perhaps once a month would be appreciated. Such work is best undertaken by a lady medical officer who has had some training and experience in it. The entire work of the Maternity and Child Welfare Department has shown remarkable expansion during the last twelve months. Reference to the tables below will show that attendances, etc., are about double those for 1924. The Health Visitor is overloaded with work and we are out-growing our accommodation at the Centre. If the popularity it has enjoyed recently continues, an increase in the Health Visiting staff and an extension of premises are inevitable.

HEALTH VISITING.—The following is an abstract of the visits paid to the homes by the Health Visitor during 1925:—

To Expectant Mothers.—(1) First Visits, 47; (2) Total Visits, 138.
To Infants under 1 year.—(1) First Visits, 154; (2) Total Visits, 944.

To Children 1-5 years.—Total Visits, 953.

Housing and other visits.—Total, 460; total number of visits, 2,495.

In addition the Health Visitor visited the following cases of sickness:—

	Cases
Bronchitis and Pneumonia	13
Diarrhoea	3
Chicken-pox	8
Measles	7
Whooping Cough	61
Total	92

METHODS OF INFANT FEEDING.—An investigation into the methods of feeding employed gives the following results:—

	Breast-fed	Breast and Artificial	Certifi- cial	Still- births not visit- ed.	Died, Left, not known	Total
1st Visit ...	115	9	8	29	...	161
End of 1925 ...	60	4	55	...	42	161

The ages at which certain infants were weaned is shown as follows:—

Number weaned at 2 weeks	2
Number weaned at 1 month	10
Number weaned at 3 months	16
Number weaned at 6 months	10
Number weaned at 6 months	17

The advantage of breast feeding has been so often stated that it need not be enlarged upon here. In some cases we have been able to induce mothers to resume breast feeding after it had been given up for insufficient reasons.

WELFARE CENTRES.—Below are given statistical tables showing the work carried out at the Centres during 1925. The days and times of meetings are as follows:—

Dental Clinic, Monday	2—5 p.m.
Ante-natal Work, Tuesday,	2.30—4.30 p.m.
Sewing and Knitting Class, Wednesday,	2.30—4.30 p.m.
Infant Weighing, Thursday,	10 a.m.—1 p.m.
Infant Clinic, Thursday (alternate),	2—5.30 p.m.
Mothercraft Class, Thursday (alternate),	2—4 p.m.
Rush Green Infant Clinic, 2nd Tuesday,	2—4 p.m.

WELFARE CENTRES.—(Skelmersdale Road).

Expectant Mothers:—

On Register beginning of year	4
Admitted to Register during year	39
Total	43

Confinements:—

Full term	27
Premature	1
Stillbirths	1
Miscarriages	1
On Register end of year	12
Total	43

Infants Registered at the Centre during the Year.

	On Register beginning of year				Registered during year.										Under 1 year		Infants 1-5 years		Whole Total
	Under 1 year	1-2 yrs.	2-5 yrs.	Total	Age Group Months				Total	1-2 yrs.	2-5 yrs.	Total	1-5 yrs.	Whole Total	Total	1-5 years			
0-1	1-3	3-6	6-12	22	27	5	9	63	4	12	16	79	109	203	312				
Skelmersdale Road	46	23	164	233	22	27	5	9	63	4	12	16	79	109	203	312			
Rush Green	4	6	34	44	3	5	3	...	11	1	1	2	13	15	42	57			
...	50	29	198	277	25	32	8	9	74	5	13	18	92	124	245	369			

Infants.

Skelmersdale Rd	On Register beginning of year	Admitted during year.	Trans. from age group	Total	On Register end of year	Known Deaths	Left	Trans. to other age group	Marked off		Total
									Not Attending	School Age	
Babies under 1 yr.	46	63	..	109	59	1	1	48	109
Infants 1-2 years	23	4	48	75	59	8	10	..	75
Infants 2-5 "	164	12	8	184	103	2	4	..	38	37	184
Rush Green	233	79	56	368	211	3	5	56	48	73	368
Babies under 1 yr.	4	11	..	15	9	..	3	3	15
Infants 1-2 years	6	1	3	10	6	..	1	3	10
Infants 2-5 "	34	1	3	38	18	..	7	..	3	10	38
...	44	13	6	63	33	..	11	6	3	10	63

MOTHERS' CLASSES (Skelmersdale Road).

Expectant Mothers' Class:—

Expectant Mothers	60
Mothers	33
Babies	14
Infants	6
						— 113

Knitting and Sewing Classes:—

Expectant Mothers	15
Mothers	54
						— 69

Talks to Mothers:—

Expectant Mothers	39
Mothers	377
Babies	30
Infants	15
						— 461

Whole Total 643

TOTAL ATTENDANCES AT WELFARE CENTRE.

Expectant Mothers	185
Mothers	664
Babies	1218
Infants	791
Odd Callers	494
Visitors	23
						—
Total	3375

The Health Visitor (Miss Curtis) reports as follows:—"From the abstracts of the health visiting which has been carried out as systematically as time allowed, it is quite clear that one Health Visitor who is at the beck and call of any home, in addition to being responsible for the work at the Welfare Centre, however willing, is not able to carry out the Health Visiting on the lines laid down by the Ministry of Health. The excellent spade work which has been done in Clacton during the past five years is now showing the result by the way in which the home visits are appreciated by all mothers. There are still far too many 'room dwellers' owing to the great house shortage. It is miraculous how some mothers continue, not only to have to rear a family in one room or two rooms, but to be able, as some are, to maintain such a high standard of cleanliness in their homes under many difficulties. If overcrowding is bad in health, it is much worse in sickness, for their proper treatment and necessary isolation in infectious disease are an impossibility. The need of a house in these circumstances is very great if the standard of life is to be raised. The figures show the need for further educational work in infant feeding and how greatly the Welfare Centres have been used and appreciated by the mothers during the past year. The social side of the work has also received due consideration. A national savings scheme is in contemplation, which, when started, will give every Welfare infant a chance from the commencement of its life, to save for its own future benefit. A Mothers' Aid Committee was formed in February, 1924, of mothers attending the Centre, for the purpose of helping one another in times of difficulty or emergency. Funds have been raised by the sales of second-hand garments, social meetings and other

means, and the proceeds used for the assistance of necessitous cases; a sewing machine for use at the Sewing Class was purchased during the year out of this fund. Grateful thanks for advice and assistance are due to the National League of Maternity and Child Welfare, the Inspector of the N.S.P.C.C., the Relieving Officer, the District Nursing Association, the voluntary workers and to grateful parents for gifts of clothing, money, etc."

HOMES AND HOSPITALS.—As mentioned in the Report for 1924, sanction was given by the Ministry to the establishment of a small Maternity Ward at the Welfare Centre under the care of the District Nursing Association. It was ready for occupation about the middle of 1925 and two patients were admitted during that year. At the time of writing it looks as if it is going to be well patronised during 1926; applications for admission are being received even from surrounding districts. This is the only institution of its kind in the neighbourhood and there are no homes for mothers and young children. A ward for the reception of young children suffering from medical diseases is badly wanted; no provision is made at the Cottage Hospital for this side. There is no home for unmarried mothers and illegitimate children, but we are usually able to "fix up" elsewhere the few cases that arise.

PROVISION OF MILK, ETC.—The total amount of fresh milk supplied free or at less than cost during 1925 was 1,024 pints, and of dried milk, 90 lbs. at a total cost of about £20—the same as last year. The income scale for supply of this milk remains the same as in previous years. The numbers who received this milk were:—

Nursing Mothers	4
Infants under 1 year	6
Infants 1—5 years	1

Total 11

Virol, cod liver oil, Parrish's Food, etc., are also supplied at cost price to necessitous cases.

ORTHOPÆDIC TREATMENT.—By the consent of the County Medical Officer we have been able to offer expert orthopædic advice to children under 5 years who attend the Clinic established for the School Medical Service.

CO-ORDINATION WITH SCHOOL MEDICAL SERVICE.—The work of the Maternity and Child Welfare Department is well co-ordinated with the School Service, having regard to the fact that two different Authorities are concerned. The Medical Officer is employed by both Authorities and all the work is carried on at the one Welfare Centre.

VOLUNTARY ASSISTANCE.—There is no outside voluntary society, but connected with the Centre we have an energetic band of voluntary workers who, together with some of the mothers, have formed a Mothers' Welfare Committee. This Committee is able to keep in touch with mothers and children and also helps cases of distress, assists in helping with the payment of railway fares to London hospitals, provision of appliances, etc.

INFECTIOUS DISEASE AMONG WOMEN AND CHILDREN.—No case of puerperal fever was notified during 1925, nor was there any death from other accidents connected with pregnancy. There were no cases of poliomyelitis and only one of ophthalmia neonatorum. This case was treated by the District Nurse and made a complete recovery without impairment of vision. We have an arrangement with the East

Suffolk Hospital, Ipswich, for cases requiring in-patients' treatment and one case has been sent during the past five years. There was a good deal of whooping-cough and measles during the winter months and a large amount of home visiting was done by the District Nurse and Health Visitor in this connection. There was one death from whooping-cough. Several cases of diarrhoea came to our notice during the summer; these received medical attention with the assistance of the Health Visitor.

OPHTHALMIA NEONATORUM.

Notified	Treated		Vision Unimpaired	Vision Impaired	Total Blindness	Deaths
	At Home	Hospital				
1	1	...	1

INFANT MORTALITY.—There were five deaths among children under one year of age and the following are the causes given:—

One Difficult Labour $\frac{1}{2}$ -hour; one Pulmonary Embolism, 3 days; two (twins), Premature Birth, 19 and 30 days; one Bronchitis, 8 months.

FACTORIES AND WORKSHOPS.

The main source of income comes from letting rooms to visitors during the summer and there are no large works or manufactories. There are 97 Factories and Workshops in the District and these have been kept under observation so far as time has permitted. No action has been found necessary under Sec. 133 of the Act. Outworkers' lists have been received with regard to three cases, but no action with regard to infectious disease or unwholesome premises was required.

I am,

Your Obedient Servant,

W. A. MILNE.

Annual Report of the Medical Officer of Health for the year 1925, for the Urban District of Clacton, on the administration of the Factory and Workshop Act, 1901, in connection with Factories, Workshops and Workplaces.

1.—Inspection of Factories, Workshops and Workplaces, including inspections made by Sanitary Inspectors or Inspectors of Nuisances:—

Premises	Inspections	
Factories (including Factory Laundries)	15
Workshops (including Workshop Laundries)	29
Workplaces (other than Outworkers' premises)	12
Total	56

2.—Defects found in Factories, Workshops and Workplaces:—

Particulars	Number of Defects	
	Found	Remedied
Nuisances under the Public Health Acts:—		
Sanitary accommodation (unsuitable or defective) 1	1	
Offences under the Factory and Workshop Acts:—		
Other Offences	5	5
Total	6	6

